

# Safety Matters

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## Summer Outdoor Work Precautions

*Helpful tips for keeping you safe during warm weather*

As an outdoor worker, it is important to take precautions against exposure to sun, heat and bug bites during the summer months.

### Sun

To protect against the sun's harmful ultraviolet (UV) rays, do the following:

- Wear lightweight, tightly woven clothing that you can't see through.
- Use sunscreen with a sun protection factor (SPF) of at least 15 blocks 93 percent of UV rays.
- Wear a hat that protects your neck, ears, forehead, nose and scalp.
- Wear UV-absorbent sunglasses that block 99 to 100 percent of UVA and UVB radiation.

### Heat

Heat can be a serious health threat during the summer months. Protect yourself in the following ways:

- Drink plenty of water before you get thirsty.
- Wear light, loose-fitting, breathable clothing such as dry-fit material.
- Eat small meals before work activity.
- Skip the caffeine and soda, drink water instead.

### Ticks

If you're working in tall grass or wooded areas, take the following precau-

tions to protect yourself from ticks:

- Wear light-colored clothing to see ticks more easily.
- Wear long sleeves and long pants.
- Tuck pant legs into socks or boots.
- Wear high boots or closed shoes that cover your feet completely.
- Wear a hat.
- Use tick repellants, but not on your face.
- Wash and dry your work clothes at high temperatures.

Examine your body for ticks after work, and remove any attached ticks promptly with a tweezers. If you get bit and develop a rash, see your doctor.

### Insect Bites and Stings

Bee, wasp, hornet and yellow jacket stings are typically only dangerous to those who are allergic or have been stung multiple times.

- Wear bug repellent.
- Avoid wearing heavy perfumes or scented lotions.
- Check before drinking from cups, bottles or cans. Stinging insects are attracted to sweet drinks.

Be safe and healthy on the job at the State of Delaware with these helpful tips provided by the Insurance Coverage Office.

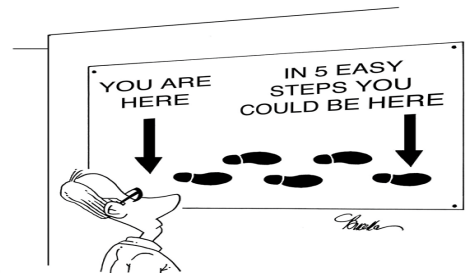
- Always wear sunscreen and UV absorbent sunglasses.
- Remember to stay hydrated by drinking plenty of water before you get thirsty.



### JULY RIDDLES

1. Why did the duck say bang?
2. What did the flag do when it lost its voice?
3. What was most popular dance in 1776?
4. What is used for safety, but is not safe?
5. What is less tired the longer it runs?

ANSWERS ON PAGE 2



National Parks & Recreation Month

Go Outside & Get Your Play On

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# Beware of Ticks

Spending time outdoors is a wonderful way to bond with family and friends, and enjoy nature. But before you head out into the great outdoors, you need to be aware of a danger lurking in the woods—Lyme disease. This bacterial infection is contracted after coming in contact with a deer tick that has feasted off another infected animal. Keep reading to learn more about Lyme disease and how to protect yourself from deer ticks while spending time outdoor.

## Lyme Disease

There are three main stages of Lyme disease:

- 1. Early localized Lyme disease**—In this stage, a rash develops on the skin at the site of the bite within 30 days. It resembles a bull's-eye and slowly expands, followed by flu-like symptoms.
- 2. Early disseminated Lyme disease**—During this stage, moderate skin, joint, nervous system and heart complications can occur.
- 3. Late persistent Lyme disease**—In this third and final stage, the infected person can develop severe joint pain, and nervous system and heart complications.

With these stages in mind, it's clear that avid tick prevention and early recognition of Lyme disease is critical for your well-being.

## Preventing Tickborne Disease

Use these tips to avoid coming in contact with a deer tick while outside:

- Wear light-colored clothing to make identifying ticks easier.
- Spray yourself with insect repellent.
- Wear a long-sleeved shirt and pants when in wooded areas.
- Walk in the center of trails to avoid overhanging trees or bushes.
- Keep long hair tied back so that ticks cannot climb up your hair and get attached to your scalp.
- Wash your body and clothing and inspect your body for ticks afterward. Inspect your dog's hair too if they have been playing in wooded areas.

## Removing a Tick

Bacteria from a tick bite do not transmit into your bloodstream for 36 to 48 hours, which lessens your chance of contracting the disease if you find ticks and remove them immediately.

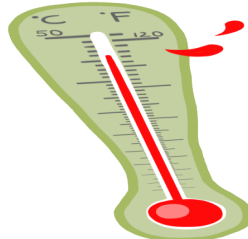
If you find a tick on your body, use tweezers to grab the tick firmly where it has entered the skin. Slowly, yet firmly, pull the tick directly outward. Once the tick is removed, clean the bite thoroughly with a disinfectant and watch the area for any symptoms.

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### JULY RIDDLES ANSWERS

1. Because she was a firequacker!
2. It just waved
3. The Indepen- dance
4. A safety pin.
5. A wheel!

**Teacher:** Johnny, what are the last words of "The Star-Spangled Banner?"  
**Johnny:** "Play ball?"



## HEAT STRESS

When a person works in a hot environment, the body must get rid of excess heat to maintain a stable internal temperature. It does this mainly through circulating blood to the skin and through sweating. When the air temperature is close to or warmer than normal body temperature, cooling of the body becomes more difficult. Blood circulated to the skin cannot lose its heat. Sweating then becomes the main way the body cools off. But sweating is effective only if the humidity level is low enough to allow evaporation and if the fluids and salts that are lost are adequately replaced.

Heat related illnesses can be prevented through implementing engineering controls, proper work practices and workers training.

Implementing proper engineering controls, such as adequate air conditioning and ventilation,

Developing work practices such as work/rest cycles, drinking water often and providing an opportunity for workers to build up a level of tolerance to working in the heat, is critical to preventing heat related illness.

Last but not least the employers should implement worksite training and plans that educate workers to recognize common signs & symptoms, and the prevention of heat exposure.

